

Naval Health Clinic Hawaii



Tobacco Cessation Session #1

Welcome!

This is the first of a
series of 4 classes
designed to help you
quit using tobacco!

What we'll cover today

- **Your Reason For Quitting**
- **Preparing to Quit**
- **Identify Triggers and Roadblocks**

Tobacco Cessation Schedule

- **Session 2: Medications**
- **Session 3: Weight Gain & Stress**
- **Session 4 Staying Quit**

Initial Paperwork

Interdisciplinary Teaching Record

- **Answer questions at top**
- **Sign your name**
- **Name, sponsor's name, your SS# or sponsor's SS#**
- **Visit the Wellness Center for more information on health topics**

Initial Paperwork

Patient Data Information

- **Used for follow up calls**
- **Please fill out legibly**
- **Include as many contacts as you can**
- **E-mail address**

Keys For Quitting

- **Get Ready**
- **Get Support**
- **Learn New Skills and Behaviors**

Getting Ready

- **Set a quit date**
- **Change your environment**
 - **Get rid of ALL cigarettes and ashtrays in your home, car, and place of work**
 - **Don't let people smoke in your home**
 - **Set-up a survival Kit**

Get Support and Encouragement

- **Tell your family, friends, and coworkers that you are going to quit and want their support.**
- **Ask them not to smoke around you.**
- **Let them know how they can help you.**



Learn New Skills and Behaviors

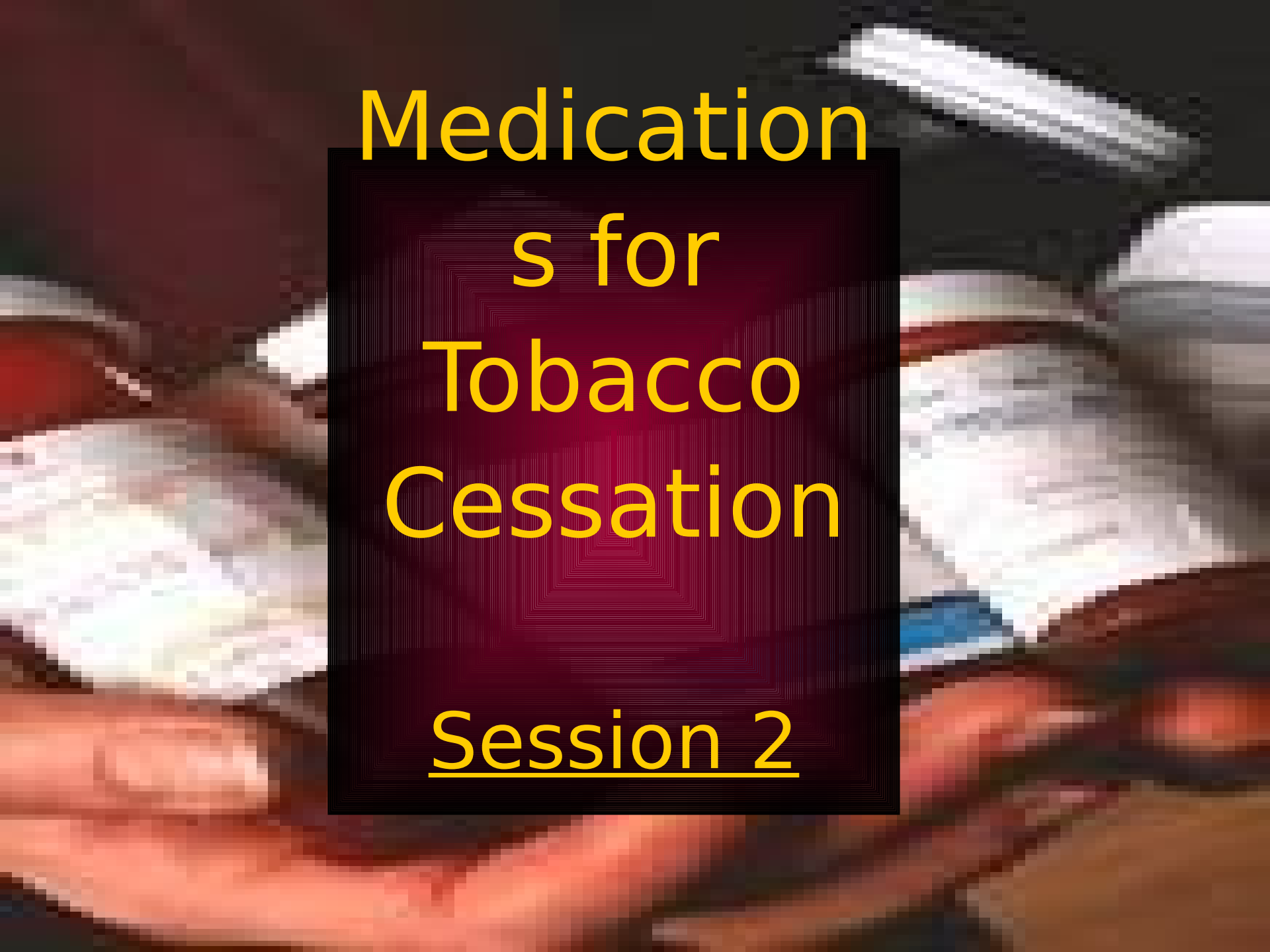
- Try to distract yourself from urges to smoke.
- Change your routine.
- Do something to reduce your stress.
- Plan for rewards or something enjoyable to do.
- Drink a lot of water.



End of Session #1

**Please call if you have any
questions or if you cannot
attend one of the other
sessions**

471-WELL(9355)



Medications for Tobacco Cessation

Session 2

Health Screening

- **Together we will complete the medical history and patient screening form.**
- **After this is placed in your medical record you can discuss getting medications with your healthcare provider.**

Medications for Tobacco Cessation

- **You do not have to use medication to quit tobacco.**
- **Medications can help you to quit, but you still have to do the work.**

Nicotine Replacement

- Patch or gum available through Navy
- Allows you to break your habit without going into severe nicotine withdrawal
- After quitting tobacco, taper down on nicotine replacement until going off it

Must quit tobacco before using!

Nicotine Patches

- **21mg, 14mg, and 7mg strengths, indicating how much nicotine you will receive if you wear it for 24 hours**
- **Apply to upper body or upper arms**
- **Cover with large adhesive bandage if it is not sticking well**
- **Wear for 24 hours unless it disturbs your sleep**

Nicotine Patches

- **Skin under patch may itch, tingle, burn - if too irritating, remove it**
- **Skin may be red after removing the patch**
- **Wash hands after applying**
- **Dispose of old patch safely**

Nicotine Patches

- **If dose is too strong you might have headache, nausea, dizziness - remove it and get a lower dosage**
- **Do not use patch if you are still using tobacco!**

Nicotine Gum

- **4mg piece – chew ½ to 1 piece**
- **Chew until you get “peppery” taste then hold gum between your cheek and gum**
- **After flavor goes away, chew again, approximately every minute**
- **Use each piece for 20 to 30 minutes, then discard**
- **Do not use if you are still using tobacco!**

Zyban

- **Bupropion HCl = Zyban = Wellbutrin**
- **May reduce your urge to use tobacco**
- **May reduce irritability and other discomfort associated with quitting tobacco**

Zyban

- **Take 1 tablet each day for first 3 days**
- **On 4th day take a 2nd tablet approx. 8 hours after the first tablet**
- **For the full benefit, take Zyban for 7 to 10 days before quitting tobacco**
- **Report any concerns or questions to your healthcare provider**

Zyban

- **There is an increased risk of having a seizure when you take Zyban**
- **It is best not to drink alcohol when taking Zyban**
- **If you have questions about combining alcohol and Zyban, please discuss with your healthcare provider**

Zyban

Some other possible side effects

- Headache
- Trouble sleeping
- Nausea
- Funny taste in mouth
- Feeling shaky
- Allergic reaction

Questions??

- Quitting Takes Hard Work and A Lot Of Effort!!
- Plan Ahead
- Relapse is NOT a Failure
- Once Quit Don't SMOKE –
Not even one puff